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robably Joe Mitchell Chapple knows ersonally More Farious People than uge Other Man in the World —

National Magazine

TO PRESERVE MEAT

APPROVED METHODS OF PREPA-RATION FOR CANNING.

Sterilization of Jars Intended to Contain the Product Is an Important Feature-Receptacles Must Be Absolutely Airtight.

Prepare the ment, positry or game that it is desired to can by cutting it into convenient size to fit into the jars to be used. The jars must be prepared by being either scalded in a onth of boiling water, or sterilized by being placed in a pan of cold water to completely cover them, the whole being gradually heated to the boiling point, filling the meat into the jars directly each one is taken from this boiling bath. Sterilize the covers of the jars by dropping them into bolling water just before they are to be used. Sprinkle the meat with sait. No water is required, as the meat makes a jelly itself. Put a layer of hay in the bottom of a wash-boiler, and put in the jars. Sometimes they are packed between the bay to keep them apart. Fill up the boller with cold water nearly to the top of jars (having laid covers loosely on top) and put on the lid. When water boils let it boil four hours longer. when the meat will be thoroughly cooked. If necessary, add more boiling water, to keep the jars well covered. When done, take out each jar separately (have rubbers sonking in warm water), sealing at once to exclude the air. The main point in keeping is to have jars sealed airtight. Before taking out the jars have a thick cloth wrong out of cold water ready to set them on to prevent breaking while tightening on the covers.

Another method for poultry or ment is to cut up, senson and stew the meat or poultry, just as if for immediate use. After it is thorough ly cooked it is placed in glass fruit jars and packed firmly in. Then the stock is boiled down well, and poured -boiling hot-over the meat in the ars, and the covers screwed on

Veal Cutlets With Mushroom Sauce.

Cook three tablespoonfuls of flour in two tablespoonfuls of bubbling not butter, add slowly one cupful of milk and senson with one tenspoonful of onion Julee, one tubiespoonful of chopped parsley, a grating of nutmeg, and pepper and salt to taste. When thick and smooth, add two empfuls of chopped cooked yeal, cook until thoroughly bented, spread on a buttered platter and let stand natif cold. Shape into cutlets, roll in fine crumbs, dip in heaten egg and fry in deep hot fat. Serve with mushroom sauce.

Mushroom Sance-Cook three tablepoonfuls of flour in two tablespoon-'uls of butter, season with one-half easpoonful of salt and a few grains of pepper, add slowly one and one-half upfuls of milk, stir until smooth and thick, then add two-thirds cupful of canned mushrooms and the Juice of half a lemen, cook a minute longer and serve with the cutlets.

Mince Pie Without Apples.

Mince one pound each, boiled beef, eeded raisins, suct. comberries, onehalf pound mixed c'tron, orange and lemon, peel; and with one pound of sultanas, one pound of currants, grated rind and pulp of one fresh lemon; add one level tablespoonful of suit, one grated nutmez, one teaspoonful level each of mace, clove, two tenspoonfuls elamation, one quart cider, one to two pounds sugar; bgil everything but the ment and cranber ries half an hour, stir them in, let stand without boiling half an hour longer. Mixed or one kind only of mits may be used in this; also prunes in place of cranterries and grape inter and follow moted with water instead of eider.

Do Not Chep Parsley.

When making periodey source instead of chopping the passley, take it from the stall and deem into boiling water to which a piece of soda the size of it pea and a pinch of sait have beadded. Boll for a few minutes, then strain off and stir the parsley into the melted butter. The parsley dissolves into small shreds and retains the color and flavor better than when chopped.

To Soften a Sponge.

Cover the sponge with cold water, add a tablespoonful of borax and bring slowly to the boll in a clean saucepan. Then remove the sponge. rub some dry borax into it, and rinse in cold running water for several min-

To Cleanse Collars and Cuffe. The collars and cuffs of a silk blou often become solled long before the rest of the blouse needs washing. Clean them with a soft rag dipped in gasoline. Turn the rag as soon as it becomes dirty.

Celery Tops.

Do not throw away the tops of celery. Wash them well, dry them thoroughly in an oven and keep them in a tightly closed jar or tin can, to be used as a flavoring for soups and

Cook Who is Prodigal in the Use of Celery Will Find She Has Made No Mistake.

Celery should be used as frequently as possible, not only because of its delicious flavor, but because it is one of the few vegetables possessing so many highly valuable chemical salts. Indeed, it has been declared very often that celery has direct curative properties for the nervous, rheumatic neuralgic person. Incidentally, there is practically no waste to celery every bit of it can be used.

Of course, we know best the use of the delicate inside stalks, for salads and fillings. But the outside stalks. even though not perfect enough in appenrance for service in the raw, should not be neglected, but stewed or used in the making of soup. The trimmings, too, leaves, imperfect stalks, can be added to broths, soups, or used to help flavor other dishes. The addition of a little chopped celery to any kind of ment or vegetable dish is sure to improve its flavor.

should be wrapped in paper and kept in a cool place, and it will then remain in perfect condition for many days.

Two cupfuls of chestruts, two cupfuls of celery, four cupfuls of milk, two tablespoonfuls of butter. Small onion, carrot, salt, four cloves.

Chop the celery, onion and carrot and brown in butter, add milk and cloves and allow to stew for about one

Blanch chestnuts and boil ten minutes. Drain and stew for half an hour in one-half of the celery liquor that has been stewing. Then press through a colunder and pour tuto the remaining celery-and-milk mixture and cook for ten minutes. Serve hot and, if destred, garnish with a few whole-cooked

DELICIOUS DISHES OF RICE

Five Suggestions for Those Who Are Fond of the Cheap and Appetizing Cereal.

To Boil Rice.-Pick over one cupful of rice, wash in two waters, drop in one quart of boiled salted water, cook slowly on back of stove. Never stir, and when done each kernel will stand done. Pour into colander and set on coolest part of stove. It should be bolled in an open stewpan. One tablespoonful of temon juice added to water n which rice is boiling unkes it very white and keeps kernels separate

Rice Omelet.-Bent one cupful boiled ice and two cupfuls of milk in a mooth paste. Add two eggs well beatu, salt and pepper. Fry until brown, over with powdered sugar and serve

Rice Croquettes.-Put over fire in ouble boller one pint of milk and onealf cupful of washed rice. Cook till hick, add the yolks of two eggs, onehalf teaspoonful of salt and two tablespoonfuls of sugar. Remove from fire, cat till smooth, add one-half tenspoonful vanilla, a bay leaf boiled in rice nd milk removed as soon as a slight flavor is given to mid to daintiness of sensoning. Spread all on a flat dish, and when cold form into cone shape, Dip in egg, then in crumbs and cook in This makes 12 croquettes.

me and one-half gills of milk, one egg. two tenspoonfuls butter, one tablepoonful cooked hominy, the white of one egg beaten separately and added last. Bake three-quarters of an hour.

Rice Cornbread,-One pint boiled rice, one pint comment, one dessertspoonful lard, one pint sour milk, two oggs beaten well,

Deviled Fillets of Chisken.

Cut the raw mest into long, thin strips or the thin portions of the breast. Dip in melted butter, broll until cooked or hented through. Then place on a hot serving dish and spread with the hot mixture two tablespoonfuls of vinegar, two of Worcestershire sauce or mushroom cutsup, one tablespoonful of chatney sauce and a dash of salt.

Baking Powder Biscuits.

one large tablespoonful of lard, then add one-half cupful of milk, stirring in milk with knife. Roll out the dough on a floured board and cut into shape with a cutter. Bake in quick oven about fifteen inmutes.

Household Lore.

Dark-colored goods will not fade if soaked in salt and vinegar in the wa-

In the home a fireless cooker is indispensable. At times when a large amount of cooking is done it will work overtime, night or day, without getting out of repair or using up fuel.

Flaky Pie Crust.

Use one and one-half cupfuls flour, two-thirds cupful lard, mix with as little cold water as possible. Roll out, then spread lard on and roll again. Repeat the process several times. You can use this for either pies or tarts.

More Appetizing Potatoes.

When baking potatoes grease them first with a little butter, and when cooked they will be beautifully brown and crisp, with the nice glazed appearance that makes them look so ap-

FLAVORING OF HIGH VALUE VALUES OF CHEESE

WIDE RANGE IN FOOD PROPER-TIES TO BE NOTED.

Presence of Cream Is Main Factor In Deciding the Degree of Nutriment Contained-As Prepared by Wise Chef.

Cheeses range in food value from a little over 400 to 2,585 calories. This latter food value is that of the cream cheeses, but the ordinary cream cheese has only 910 calories per pound.

This wide difference is due to the fact that a great deal of water may be dried out of a cheese, and also a great deal more cream be present in some cheese than others. There is practically no cream in cottage cheese, and the water content may be extremely high, as much as 77 per cent.

For this latter reason a cottage cheese with butter and cream and nuts has only the food value of a moderate-If celery is not used immediately, it iy rich cream cheese, but because a larger quantity of it is eaten as a portion there may be some danger of getting too much food for the body to care for, although the digestion itself is not so overworked.

Formerly flavor was put into cheese by different types of curing. Today the practice is to put all sorts of flavors in just before the cheese is served. When this leads to overeating it is bad practice. But notice what the chef does. When that final course of coffee and cheese comes to you, perhaps you will have served you something the size of a silver dollar, made like the oldfashioned small tart. In a thin little disk of cottage cheese he has made a fittle outer wall by putting the cheese through a pastry syringe, or "spritzer," and in the center is about half a tenspoonful of currant jelly.

Recently I chose from a public menu what proved to be a particularly palatable and filling conclusion to a light function. Cottage cheese had been worked smooth with a little cream or rich milk, and to this had been added pecans chopped so fine as to be unrecognizable to the eye, and thoroughly mixed.-Exchange.

HELPFUL HINTS

Raisins and such things sometimes get dry and hard and lose a good part of their goodness. They would not do this if kept in glass jars.

Do not leave a spoon in anything you are cooking; it conducts away some of the heat and besides, is not good for the spoon.

If you cannot go to sleep at night, try holding a hot-water bottle to your stomach. It draws the blood to it and away from the brain.

Do not have late and coats hung in the kitchen. They give out odors and impurities, as well as absorb odors from the cooking.

When the lower ends of your window shades get soiled and cracked, i take them off the rollers, turn them the other end up and tack them on ! nicely, and they will last for a long

Two potatoes grated in a basin of water give better results than Rice Bread.-One tumbler rice flour, soap in washing delicate flannel or woolen goods, ribbons, etc.

Plano keys can be cleaned, as can any old ivory, by being rubbed with muslin dipped in alcohol. If very yellow, use a piece of flannel moistened with cologne water.

Tca Baskets.

Make a short sweetened ple crust. roll thin and partly bake in sheets. Before it is quite done take from the oven, cut in squares of four inches or so, take up two diagonal corners and pinch together, which makes them busket-shaped. Now fill them with whipped cream well sweetened and flavored and return to the oven for a few minutes.

Chicken Patties.

Cold chicken, milk, corn flour, pepper, salt and butter, puff paste. Mince cold chicken, stir it into white sauce Sift together one tenspoonful of made or milk thickened with own flour baking powder and one-quarter ten- and flavored with pepper, salt and butspoonful of salt. Mix into the flour, ter, line small patty pans with puff paste, bake first, then fill with the mixture and set in a hot oven for a few minutes to brown.

Coffee Custard.

Two cupfuls mllk, two tablespoonfuls ground coffee, three eggs, onequarter cupful sugar, one-eighth teaspoonful salt, one-quarter teaspoonful vanila. Scald milk with coffee and strain. Beat eggs slightly; add sugar, salt, vanila and wilk. Strain into individual molds, set in pan of hot water and bake until firm,

For Wicker Furniture. For cleaning wicker furniture make

ready a pailful of warm soapsuds to which has been added about three tablespoonfuls of liquid ammonia. Scrub well with a stiff brush, rinse with a cloth dipped in clear warm water and place out in the open air to dry.

Baked Corn Custard. Take one can of corn and put

through meat chopper, mix with a cupful of milk and the yolks of two eggs. beaten well, with salt and pepper. Put in baking dish, dot with bits of butter and bake brown.

To Prevent Eggs Bursting. To prevent eggs bursting while bolting, prick one end with a needle before placing in the water. This makes ap ditlet for the stag and keeps the

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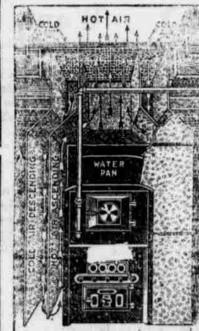


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